

Wellness: Avoiding Skin Cancer Is Easy!

Date: _____

Student: _____

Dept: _____

Station: _____

Training Code: _____

NOTES:



CHALLENGE

Cancer remains a threat to each of us. We are addressing life style changes to reduce the threat of most cancers in our lives with the exception of one. Skin cancer remains the fastest growing cancer today despite our knowledge of the risk.

The longer daylight hours provide numerous opportunities for “fun” in the sun! Basking in the sun feels great and can lift our spirits. However, exposure to the sun can also present a danger in the form of damage to our eyes, skin and potentially cause skin cancer.

DISCUSSION

- Have you ever suffered from sunburn?
- How many times?
- What have you done to reduce your exposure to sun burn?
- Do you practice the shadow Rule? **No Shadow—SEEK SHADE.**
- Do you refer to the daily UV index when planning outdoor events to prevent over exposure?
- Is your clothing appropriate to provide adequate protection to your head, face, ears and neck?
- Do you make sure family members practice sun safety?

The greatest asset of the fire service is our people; protect them!